

7th December 2011

Box no. 324

FRESH2U

ORGANIC FOOD DELIVERY

Box contents

Every Friday we will email the next week's box contents. You can make up to two changes weekly or let us know if you want something permanently removed. If you do not have email please call us on (03) 548 8737 and leave a message with changes to your box. **Changes must be received by 12pm Monday to be effective.**

*You can change your box size and type anytime, just let us know by **Monday 12pm** before your next delivery.*

Balance

mix of seasonal fruit and vegetables

Garden Fresh

Greens and vegetables

Custom Box (min \$40)

Select your own produce and quantities each week from our list of seasonal produce available.

Add on \$10 extra fruit and/or vegetables

Small Box \$30

Family Box \$40

Payment

Direct debit to Fresh2U Limited

ANZ 01 0677 0110068

00 or; place cheque made out to Fresh2U Limited in the plastic sleeve in the empty box each week.

Cancellations and box suspensions must be received by email or phone by Monday 12pm before your last delivery so we can deliver your last order in a cardboard box.

Broad Bean Pesto

Approx. 1 cup shelled broad beans

Handful of parsley, coriander or basil

¼ cup cashew nuts

1 Tbsp capers

1-2 cloves garlic

2 Tbsp grated Parmesan

juice of half a lemon

approx. 1/2 cup extra virgin olive oil

salt and pepper

In a small saucepan cover the broad beans with boiling water and blanch for several minutes until al-dente. Drain and cover with cold water to halt cooking. Drain thoroughly.

Place the broad beans, herbs, nuts, capers, garlic, Parmesan and lemon juice in a food processor and blitz to combine. Scraping down the sides several times and mixing again.

Drizzle in olive oil with the engine running until a smooth paste is achieved. Adjust seasoning, adding extra lemon juice or parmesan if needed.

Serve as a side to a bbq or use as dip with crackers. Delicious!

Christmas Holidays

Fresh2U will be closed the week between Christmas and New Year so we can also have a break with our families.

No delivery:

28th December

First deliver for 2012:

Thursday 5th January

Back to Wednesday deliveries from the 11th January 2012.

Christmas Special

Feeding Little Tummys- healthy recipes from first foods to toddler meals, by Nicola Galloway (the revised and updated edition of *Cooking for your Child*) will be available through Fresh2U until Christmas for a special price of \$35.00 (usually \$39.99). For more details visit:

www.nicolagalloway.com

Payments

When setting up an automatic payment for your Fresh2U delivery, please ensure the funds arrive in our account on **the day of delivery** so we can easily track payments to the delivery date. Please ensure your payments are up to date so we can spend time less time on admin and more time growing and sourcing organic produce. Thank-you.

*Tell your friends about receiving delicious Fresh2U organic produce and when they sign up for a weekly box we will include an **extra produce item** with your next order!*

Unpacking your box

Place greens, herbs, broccoli, cut pumpkin, carrots etc in clean plastic bags and lightly tie the top. Keep in the vegetable draw or bottom of the fridge.

Keep potatoes, kumara and whole pumpkin in a cool dark place. Wrap in a paper bag if necessary.

Keep onions and garlic in cool dry place as moisture will make them sprout.

Put all the delicious fruit and avocados in a fruit bowl. Bananas will help ripen avocados.

Box contents...

We do our best to provide the produce listed on the Friday emails, however, due to the nature of nature we can't always guarantee the box contents. We decide what goes in the boxes on Friday but by harvest day there maybe less of an item as predicted or a sudden change in weather affecting a crop. In this event we will make a last minute substitution with a similar item.

email: eat@fresh2u.co.nz ph: (03) 548 8737 mail: 121 Cotterell rd. RD1, Appleby, Nelson

www.fresh2u.co.nz